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## ROBIN WILLIAMS FOUND DEAD

LEGENDARY ACTOR WAS REPORTEDLY BATTLING SEVERE DEPRESSION PAGE 6

## Stepbrother on ash-spreading mishap at the Rogers Centre

Man never expected that a hazmat crew would suck up stepbrother's remains PAGE 3

## FBI look into cop shooting of unarmed black teen

Announcement follows unrest that broke out in Missouri after vigil PAGE 8

## The right Bass at the wrong time

Meghan Trainor wishes her body-acceptance song All About the Bass existed when she was young PAGE 15

## REACH FOR THE SKY, KIDS

**NBA first-overall pick Andrew Wiggins goes up for a dunk while filming a commercial with kids at his old school in Concord on Monday. Wiggins has signed an endorsement deal with BioSteel Sports Drink and was clearly relishing his return to the playground where he spent so much time honing his skills.** Story, page 26. NATHAN DENETTE/THE CANADIAN PRESS

# The Bell tolls for vast unpaid intern program

**Bell to shell out?**
Shutdown comes in face of increasing scrutiny over practice

Whether for good or for now, Bell Canada has shut down its unpaid internship program.

Hundreds of young people have gone through the "Professional Management Program" based at the telecom giant's Mississauga offices.

Former intern Natalie Horbay said an entire floor was dedicated to interns like herself. A spokesman confirmed the program folded in April.

It's the latest in a series of high-profile cancellations in the face of increasing backlash against using unpaid workers. Earlier this year, the provincial labour ministry cracked down on unpaid work in the publishing industry.

"Some companies have voluntarily started to reassess their internship programs and pay people," said Toronto NDP MP Andrew Cash.

"Others are saying, 'Look, we just want to follow the rules.' But in the absence of rules, companies are going to do what companies can do."

In June, the NDP introduced the Intern Protection Act, a private member's bill to be debated this fall, and a bill to create a National Urban Workers Strategy was introduced in October.

Telecommunications companies are regulated under the Canada Labour Code, a federal law that includes no explicit rules for unpaid internships. Under Ontario law, most unpaid internships are illegal unless done in exchange for school credit and are not allowed to benefit the employer. TORSTAR NEWS SERVICE

**Labour dispute**

**The program is at the heart of an ongoing federal labour dispute between Bell and a former intern seeking wages for work done in 2012.**

- She claims she was doing the same work as paid employees and that it had no educational value.

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Pg. 217
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Affordable housing

## Provincial funds not for TCHC

Not a dime of the $801 million announced Monday for affordable housing can be used to cover the massive backlog of repairs at Toronto Community Housing, Municipal Affairs Minister Ted McMeekin acknowledged.

The funding for all of Ontario is evenly split between Ottawa and Queen's Park, but the estimated $751 million in immediate capital repairs at Toronto Community Housing Corporation's 58,500 housing units are not eligible.

"The funding announced today cannot be used for TCHC buildings, as part of the arrangement with the federal government that says that projects that have an agreement with CMHC (Canada Mortgage and Housing Corp.) relating to finance, operation or occupancy are not eligible for funding. This includes TCHC," a McMeekin spokesperson said in an email statement.

TORSTAR NEWS SERVICE

Transit

## TTC ditches photo ID for students

A policy change, announced Monday and coming into effect Sept. 1, will no longer require middle and high school students to show TTC-issued photo ID when paying a discounted TTC fare.

In place of a TTC-issued photo card, a spokesperson said, those ages 16 to 19 must carry school or government-issued identification that can be shown as proof of age if requested by TTC staff. TORSTAR NEWS SERVICE

# 'I thought I was going to do this stealth'

**Tribute gone wrong.** Police still investigating after man tipped ashes onto Rogers Centre field

Rob Ouellette with a photo of his stepbrother Joseph Pazner. Ouellette's attempt to pay tribute to Pazner — by spreading Pazner's ashes on the turf at Rogers Centre — didn't go off as he'd hoped it would.-
COURTESY ROB OUELLETTE

Rob Ouellette wanted a nice, private way to pay tribute to his stepbrother. That's kind of hard to do when there are 36,237 people in the house.

Ouellette, who lives in Windsor, came to the Rogers Centre on Friday night to watch the Blue Jays take on the Detroit Tigers. He carried the ashes of stepbrother Joseph Pazner, who died suddenly of a heart attack last year at the age of 32 while working in Alberta. He wanted to scatter the ashes on the field.

Ouellette has many fond memories of playing ball with Pazner growing up in Windsor, and of heading across to Detroit to watch the Jays play at Tiger Stadium.

"Baseball was everything. We all played Little League together. Right up until the day he died he was playing indoor ball," said Ouellette, who hatched the idea for the tribute after Pazner's funeral.

He hoped to quietly tip the ashes onto the field during the game, then slip away unnoticed.

"As soon as I did it, I looked down and there was a camera guy sitting there," said Ouellette. The camera operator noticed and looked up.

"I knew I was screwed right away, so I went back to my seat to try and just hide in my seat, but that's kind of hard to do," said Ouellette.

Unlike grass and dirt fields, where the ashes would likely have biodegraded, the Rogers Centre has artificial turf, meaning that Ouellette's tribute was short-lived. The ashes were cleaned up after the game.

The idea that his brother's remains would be vacuumed up by a hazardous materials crew never crossed his mind.

"Never thought of the hazmat team being called. I thought I was going to do this stealth," Ouellette said with a chuckle.

Toronto police said Monday they were still investigating the incident. A sample of the ashes were sent for testing. If it's found to be harmful, Ouellette — who hadn't been fined or banned by the stadium as of Monday evening — could still be charged.

TORSTAR NEWS SERVICE

'He'd love it'

**What would his stepbrother think of the tribute? Ouellette said he has no doubt: "He'd love it. He'd definitely think I was an idiot. But beyond that, he'd enjoy it. We were always cracking jokes and doing stupid stuff."**

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# PTSD rate doubles in military

**Canadian Forces.** Statistics Canada study found soldiers suffering from symptoms rose from 2.8% in 2002 to 5.3% in 2013

JESSICA SMITH CROSS
jessica.smithcross@metronews.ca

A study by Statistics Canada found the percentage of Canadian Forces members who suffer symptoms of post-traumatic stress disorder has nearly doubled since 2002.

Statistics Canada conducted a survey of about 6,700 full-time regular members of the Canadian Forces from April to August 2013.

On Monday, Statistics Canada released some preliminary results that show the rate of soldiers suffering PTSD symptoms in the past year rose to 5.3 per cent, up from 2.8 per cent in 2002.

The rate of soldiers suffering panic disorders rose from two per cent to 3.4 per cent in that time. The rate of soldiers who had suffered a major depressive episode stayed constant at eight per cent in both surveys.

The survey was conducted in collaboration with the Department of National Defence. DND did not respond by deadline, but on its website says one of the purposes of the study was to "determine the effect of the mission in Afghanistan."

"Since then, the Canadian Armed Forces have greatly strengthened the mental-health system but the mission in Afghanistan has exposed larger numbers of personnel to greater adversity than at any time in recent memory," the website says.

Statistics Canada is doing further research, to be released in November, that will compare the results to the wider Canadian population.

A similar 2012 Statistics Canada study of the Canadian population in general found lower rates of major depressive episodes in the past year (4.7 per cent) and generalized anxiety disorder symptoms (2.6 per cent).

However, assistant director of the special surveys division of Statistics Canada, Vincent Dale, cautioned against drawing conclusions because the populations differ by age and gender.

The newest survey also looked at alcohol use and found 4.5 per cent of the soldiers surveyed "met the criteria for alcohol abuse or dependence in the 12 months prior to the survey."

**According to StatsCan:**

Overall, the survey found about one in six full-time regular members of the Canadian Forces reported "experiencing symptoms in the previous 12 months consistent with at least one of six selected mental or alcohol disorders."

**Protesters against plans to reverse Line 9 Enbridge pipeline**

About 16 protesters blockaded an Enbridge construction site near Dufferin and Finch on Monday in opposition to plans to reverse and boost the flow of the Line 9 pipeline. Enbridge spokesperson Graham White stated in an email that the company had been in contact with the protesters, and that they were preventing work from being done on the site "to help make an already safe line even safer for the people of Toronto." SEAN WETSELAAR/TORSTAR NEWS SERVICE

# 'Business as usual' for the Fords after an emailed bomb threat

Police were dispatched to Toronto city hall Monday as Mayor Rob Ford revealed a threat was made to bomb the building unless he resigned, but no evacuation was ordered or explosive materials found.

Toronto police spokesman Const. David Hopkinson said officers were sent to the building after city hall security informed them of the threat in the morning. Police earlier said they were first notified Sunday night.

Police didn't evacuate the building and Insp. Frank Barredo said later Monday that a bomb-sniffing dog found no evidence of any explosive devices.

Ford announced the threat to reporters, saying it had been sent in an email to his brother, Coun. Doug Ford, on Sunday night.

The mayor held up a copy of the typo-ridden note, which says there has been "chaos" since Ford returned from rehab in late June.

"He has 12 hours to vacate otherwise city hall will blow. I have already set up explosive around."

Ford said he wasn't fazed by the threat.

"I'm moving on. Business as usual. Obviously the police will be around and the police (will) handle this from here on in," he said.

Ford also defended going public about the email.

"When I get something this serious sent to my brother's office and to the deputy mayor's office it's only proper that the mayor of the city addresses this."

Coun. Paula Fletcher said there is a protocol dealing with threats which doesn't restrict officials from revealing them. But she said she hopes Ford knew the threat wasn't real before he announced it.

"I hope he's followed what I would call the good rules, or good common sense. And since we're still here in the building I'm going to assume it was just an angry letter from a disturbed individual," she said.

City of Toronto spokeswoman Wynna Brown said in an email Monday afternoon that police were "conducting a thorough investigation in co-ordination with city hall security." THE CANADIAN PRESS

**No stranger to controversy**

The controversial Toronto mayor has faced numerous calls for his resignation amid admissions of drug use, alcohol addiction and various instances of being caught on tape making offensive comments.

- But he's brushed them all aside and is running in the Oct. 27 election to remain in the mayor's chair.

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# Drivers brace for 3 new construction projects

**Congestion woes.**
Yonge and Richmond to see lane reductions

If you're attempting to avoid construction while journeying into the heart of the city, you'll now need to scratch Yonge and Richmond off your list.

It's a list that already excludes swaths of Queens Quay, Lake Shore Boulevard, the Gardiner Expressway, Union Station, Front Street, York Street and Lower Spadina Avenue, due to 20 ongoing Toronto-East York construction projects.

The City of Toronto announced three new projects Monday, compounding existing congestion woes.

Utility repairs will see Yonge reduced by one lane for each direction from The Esplanade up to Bloor Street, with the exception of rush hour. Those repairs start Wednesday and are scheduled to last four weeks.

A stretch of Richmond Street from Church through York dropped from four lanes to two Monday morning for watermain work, which is set to last until October. From Wednesday through Aug. 20 the stretch between York and Bay will be reduced to one lane only. A city official said the contractor will avoid starting work until after the morning rush.

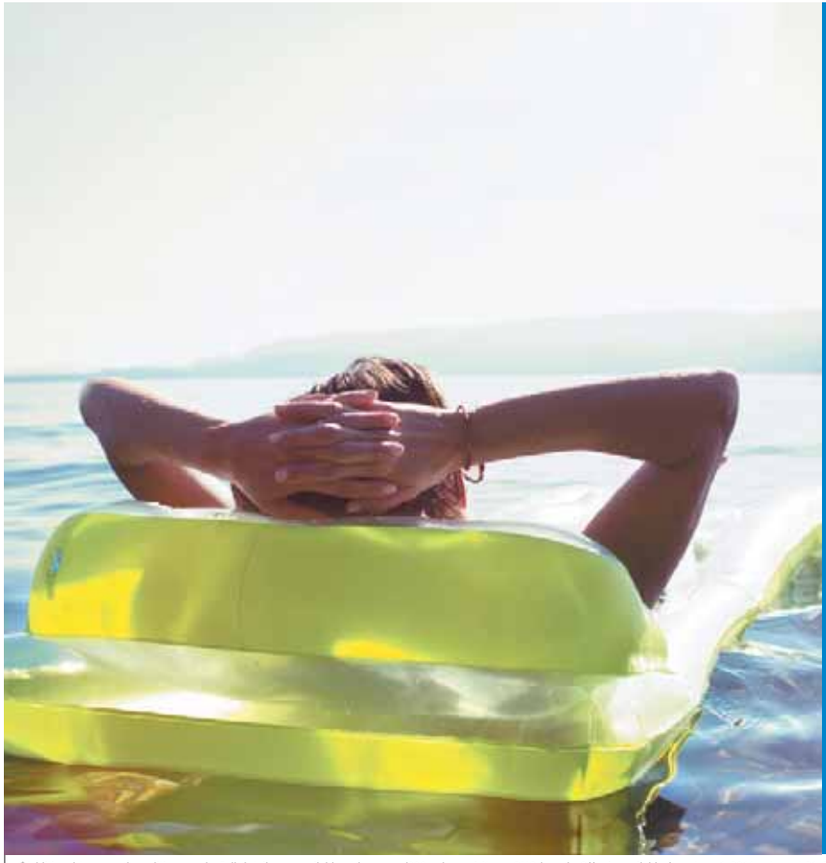
While many agree construction is a necessary evil, Ken Greenberg says more could be done to ensure drivers, bikers and pedestrians experience minimal disruption.

"You tend to get communications about one thing or another in isolation as opposed to a network perspective," said Greenberg, principal at Greenberg Consultants and former interim chief planner at the Boston Redevelopment Authority during the "Big Dig" megaproject.

People need more than individual signs advising of road closures, he said; they need alternate routes, "maybe even some kind of app that gives you a real-time picture of where all the construction is going on at any given time."

TORSTAR NEWS SERVICE

A watermain project has reduced traffic along Richmond Street to two lanes between Church and York until October. COLIN MCCONNELL/TORSTAR NEWS SERVICE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The fire hydrant at 393 University Ave. DARREN CALABRESE/THE CANADIAN PRESS

# This fire hydrant spouts cash for the city

It's the street equivalent of a desert mirage, an elusive piece of prime parking real estate that, for some strange reason, everyone else just happened to miss.

Eventually, however, a telltale slip of paper tucked beneath a windshield wiper offers an explanation: You parked in front of a fire hydrant. And now you've been hit with a hefty fine.

And as it turns out, some hydrants seem to be more tempting — and more costly — than others.

In Toronto, one hydrant stands above the rest. People are fined so often for parking in front of it that on Google's Street View, a white Toyota can be seen with a yellow slip under its wiper blade as a parking-enforcement officer walks away.

Since 2008, cars that parked too close to the hydrant at 393 University Ave. have been ticketed 2,962 times. Those fines add up to $289,620 — more than any other hydrant in the city.

So, why is this one particular hydrant such a cash cow for the city? There are a few possible explanations. It's right by the courthouse and near a major downtown intersection. The hydrant itself is in the middle of a busy sidewalk set back some distance from the street, and it would be easy enough for drivers to miss. No markings on the street make it obvious that the spot is off-limits.

A Canadian Press analysis of Toronto's parking-ticket data found the city has collected more than $24 million since 2008 by fining people who parked too close to hydrants.

Fabrizi says all parking fines, including those from parking next to hydrants, add up to $80 million a year.

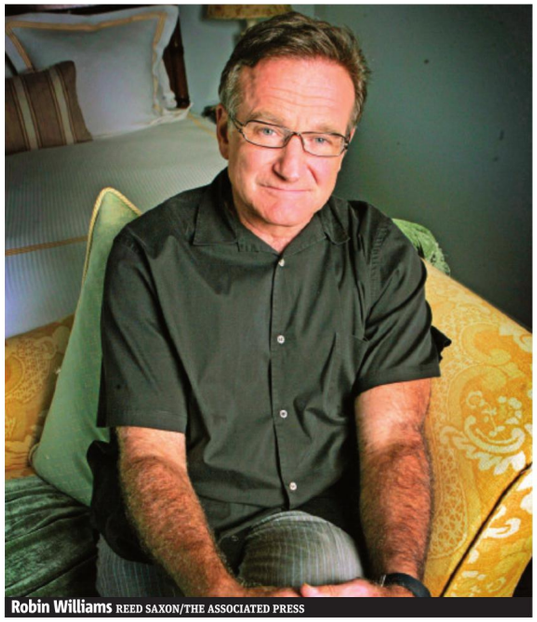
Tickets for parking too close to fire hydrants only accounted for 1.45 per cent of all parking infractions last year.

TORSTAR NEWS SERVICE

**Other lucrative hydrants**

- At 33 Elmhurst Ave., vehicles have been ticketed 2,253 times since 2008, with fines totalling $207,030.
- A hydrant at 113 Merton St. is the city's third most-ticketed spot, with 2,165 fines handed out amounting to $212,300.

# Oscar-winning actor, comedian dead at 63



Robin Williams REED SAXON/THE ASSOCIATED PRESS

**Robin Williams.** Hollywood legend pronounced dead in Marin County home, apparently due to suicide by asphyxiation

Robin Williams, the Academy Award winner and comic supernova whose explosions of pop culture riffs and impressions dazzled audiences for decades and made him a gleamy-eyed laureate for the Information Age, died Monday in an apparent suicide. He was 63.

Williams was pronounced dead at his home in California on Monday, according to the sheriff's office in Marin County, north of San Francisco. The sheriff's office said a preliminary investigation shows the cause of death to be a suicide due to asphyxia.

"This morning, I lost my husband and my best friend, while the world lost one of its most beloved artists and beautiful human beings. I am utterly heartbroken," said Williams' wife, Susan Schneider. "On behalf of Robin's family, we are asking for privacy during our time of profound grief. As he is remembered, it is our hope the focus will not be on Robin's death, but on the countless moments of joy and laughter he gave to millions,"

Williams had been battling severe depression recently, said Mara Buxbaum, his press representative.

Williams shot to fame in the late '70s as the alien in TV's Mork and Mindy. He conquered the big screen in comic films such as Good Morning, Vietnam and Mrs. Doubtfire. But he won his Academy Award in a serious role — as the therapist in Good Will Hunting.

THE ASSOCIATED PRESS

Moncton

## Moncton shooter intended to target police

Justin Bourque admitted that he targeted police officers on the evening in June that he fatally shot three Mounties and injured two others in Moncton, N.B., using a semi-automatic weapon.

An agreed statement of facts filed with the Court of Queen's Bench says Bourque used a Poly Technologies Model M305, 308-calibre Winchester semi-automatic rifle in the shootings that happened between 7:18 p.m. and 8:13 p.m. on June 4.

Bourque pleaded guilty Friday in the Court of Queen's Bench in Moncton to three charges of first-degree murder and two counts of attempted murder.

The 24-year-old returns to court Oct. 27 when victim impact statements and pre-sentencing documents will be filed with the court.

THE CANADIAN PRESS

Turkey

## Conjoined dolphin discovered

Turkish media reports say scientists will examine a two-headed dolphin that washed ashore in western Turkey.

The private Dogan news agency said the remains of a conjoined dolphin calf were discovered on a beach in Dikili, near the Aegean city of Izmir last week by a vacationing gym teacher.

Akdeniz University marine biologist Mehmet Gokoglu said the dolphin was an unusual and rare occurrence.

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Health workers wearing protective clothing and equipment against the Ebola virus sit at the Kenema Government Hospital, situated around 300 kilometres from the capital city of Freetown in Sierra Leone. MICHAEL DUFF/THE ASSOCIATED PRESS

# Ebola drug still not given to Africans

**'It certainly looks bad.'**
The experimental drug, ZMapp, has been given to two Americans and a Spanish missionary priest

In a development that raises a host of ethical issues, Spain announced it had obtained a scarce U.S.-made experimental Ebola drug to treat a Spanish missionary priest infected with the killer virus.

So far the experimental drug ZMapp has been used to treat two infected Americans and a Spaniard, but no Africans, for a hemorrhagic disease that has been ravaging West Africa for months and has killed about 50 per cent of those it infected.

There is no known cure or licensed treatment for Ebola, which has killed more than 960 people in the current outbreak.

The drug's maker, Mapp Pharmaceutical Inc., says that "very little of the drug is currently available" and that it is co-operating with government agencies to increase production.

"It certainly looks bad that only three Westerners have gotten the drug while most of the people with Ebola are African," said Art Caplan, director of bioethics at NYU Langone Medical Center. He said the drugmaker must make its policy for distributing its treatment clear.

Still, Caplan said there may be an explanation for why only Westerners were given the drug, including the need for a sophisticated medical centre to administer it and monitor the patient carefully since the drug hasn't been tested in humans.

In Nigeria, which says it has 10 confirmed cases of Ebola, some demanded the serum on Twitter. THE ASSOCIATED PRESS

Alta. Court of Appeal

## Terror suspect should be extradited to U.S., court says

The Alberta Court of Appeal has ruled that an Edmonton man should be extradited to the United States to face terrorism and murder charges.

Sayfildin Tahir Sharif is accused of murder and supporting a terrorist group that took part in suicide bombings in his native Iraq.

The Americans allege Sharif worked from Edmonton to help a Tunisian man enter Iraq in 2009 and detonate a truck filled with explosives at a military checkpoint, killing five U.S. soldiers.

Sayfildin Tahir Sharif
THE CANADIAN PRESS

Defence lawyers had argued before the Appeal Court that RCMP didn't allow Sharif access to a lawyer or interpreter the day of his arrest.

They also said allegations against their client came from three people — including his brother — who were tortured by investigators in Iraq.

The Appeal Court ruled that none of the arguments merited keeping Sharif in Canada. THE CANADIAN PRESS

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A man leaves a store on Sunday in Ferguson, Mo. A few thousand people crammed a suburban St. Louis street Sunday night at a vigil for unarmed 18-year-old Michael Brown, who was shot and killed by a police officer. Afterward, several car windows were smashed and stores were looted as people carried away armloads of goods, as witnessed by an Associated Press reporter. THE ASSOCIATED PRESS

# FBI opens probe into Michael Brown death

**Ferguson, Missouri.** Unarmed 18-year-old black man shot and killed by police officer

The FBI said it opened an investigation Monday into the fatal shooting of an unarmed black teenager by police in suburban St. Louis, a day after tension surrounding the case erupted in unrest following a candlelight vigil for the teen.

Questions loomed over the shooting of 18-year-old Michael Brown, who police said was unarmed and shot multiple times Saturday after an altercation with an officer in Ferguson. It's unclear whether Brown or a man he was with was involved in the alleged scuffle, and authorities have been vague about what led an officer to open fire.

The killing drew criticism from some civil rights leaders, who referred to the 2012 racially charged case of 17-year-old Trayvon Martin. Martin was shot by a Florida neighbourhood watch organizer who was acquitted of murder charges.

Dorian Johnson told WALB-TV that he and Brown were walking home from a convenience store when a police officer told them to get out of the street and onto the sidewalk. Johnson said they kept walking, which caused the officer to confront them from his car and then outside his car.

Johnson said the officer fired, and he and Brown were scared and ran away.

"He shot again, and once my friend felt that shot, he turned around and put his hands in the air and he started to get down," Johnson said. "But the officer still approached with his weapon drawn and fired several more shots."

"We wasn't causing harm to nobody. We had no weapons on us at all," said Johnson.

The St. Louis County Police Department, which is leading the investigation, refused to discuss Johnson's remarks, citing the ongoing investigation. But County Police Chief Jon Belmar has previously said that an officer encountered Brown and another man outside an apartment complex in Ferguson, and that one of the men pushed the officer into his squad car and they struggled before the shooting.

The FBI is looking into possible civil rights violations arising from the shooting, said Cheryl Mimura, a spokeswoman for the FBI's St. Louis field office. But she noted that the FBI would be investigating such a shooting regardless of the public attention surrounding it.

Nearly three dozen people were arrested after tensions around the case following a candlelight vigil Sunday night, as crowds looted and burned stores, vandalized vehicles and taunted officers who tried to block access to parts of the city.

THE ASSOCIATED PRESS

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# Doctor calling on Ottawa to allow injured Gaza kids into Canada for treatment

**'These children are in need.'** Dr. Izzeldin Abuelaish says proposal has nothing to do with politics, only ethical and moral responsibility

Dr. Izzeldin Abuelaish is urging the federal government to allow children wounded in Gaza to come to Canada for treatment, saying Gaza's health-care system is overwhelmed. ANDREW WALLACE/TORSTAR NEWS SERVICE FILE

The federal government should rethink their resistance to bringing severely injured children from war-torn Gaza to Canada for the medical treatment they need, a high-profile Palestinian doctor organizing the effort said Monday.

Izzeldin Abuelaish, whose three daughters died in the 2009 conflict in Gaza, is urging Foreign Affairs Minister John Baird to support a proposal to allow 100 wounded kids into Ontario, which is willing to treat them.

It has nothing to do with politics, the university professor said. There's an ethical and moral responsibility to help in times of need.

"Don't deprive the Canadian people, the Canadian professionals, of this opportunity," Abuelaish said in an interview. "Don't let it down."

Only Ottawa can provide the necessary visas for the children and their guardians, but the federal government suggests it may be better for Canadian doctors to travel to Gaza instead.

"Make no mistake, there is only one party responsible for the suffering of the Palestinian people, and that is the international terrorist group Hamas," Baird's spokesman Adam Hodge said in an email.

**Quoted**

**"This is humanitarian, Canadian; it's not ethnic, religious or any political cause. It's Canadian, under one flag — the red Maple Leaf flag."**

**Dr. Izzeldin Abuelaish,** who says the federal government should rethink their resistance to bringing severely injured children from war-torn Gaza to Canada for medical treatment

The government is considering how best to deploy Canadian resources to assist, such as increasing capacity at hospitals in Gaza, Jordan and Israel, as well as field hospitals, to treat the wounded, Hodge said.

But Abuelaish said it would be difficult to ensure the safety of Canadian doctors in Gaza, whose health-care system is severely damaged and overloaded with injured civilians, including thousands of children.

"It's urgent," he said. "These children are in need."

They would only take children who are stable enough to travel, Abuelaish said. The children would stay for a month or more until they're well enough to go back.

Many of them suffer from burns, amputations, disfigurements and other injuries that could receive the specialized care that wouldn't be available to them in Gaza, he said.

Ontario Health Minister Eric Hoskins, a physician who has worked in war zones, said the province is willing to treat injured children from Gaza and Israel. Five hospitals, including Toronto's Hospital for Sick Children, have said they're ready to help. THE CANADIAN PRESS

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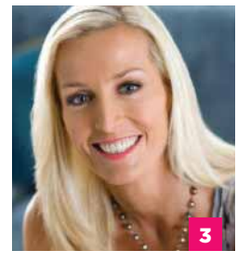

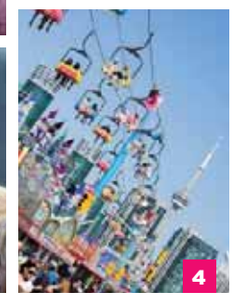


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# Executions off in Ohio till '15

**Death Penalty.** Federal judge wants answers about drug combo used in lethal injection

A federal U.S. judge has extended a months-long moratorium on executions in Ohio into next year, as questions mount about the effectiveness of a new two-drug combination being used to carry out the death penalty.

The debate over the death penalty has intensified in the U.S. and lethal injection has been under increased scrutiny after executions went awry in Ohio, Oklahoma and Arizona.

The Ohio ruling by federal judge Gregory Frost will delay executions scheduled for September, October, November and January and highlights the ongoing problem faced by states in obtaining drugs to put inmates to death.

The last moratorium was scheduled to expire this week.

The one-page order by Frost issued Friday extends it through January 2015. It affects Ohio's latest death penalty policy change, which was announced in late April and increases the amount of the sedative and painkiller that Ohio uses in lethal injections.

Concerns stem from several unsuccessful execution attempts that left multiple inmates snorting and gasping for breath before dying between 26 and 43 minutes later, while another inmate took two hours to die.

Most lethal injections take 10 to 15 minutes.

The next execution scheduled in Ohio was to have been Sept. 18, when Ronald Phillips was set to die for the 1993 rape and death of his girlfriend's three-year-old daughter.

The state prisons agency said it "remains committed to carrying out executions in a humane and lawful manner,'" according to spokeswoman JoEllen Smith.

THE ASSOCIATED PRESS

## Pay tribute, have many kids

A Tenggerese man and family journey up Mount Bromo in East Java, Indonesia, to pay tribute to the gods. Legends of the 15th century state a princess and her husband, seeking help with fertility, asked the gods for aid and were gifted with 24 children. ULET IFANSASTI/GETTY IMAGES

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# Kasparov loses bid to oust head of World Chess Federation

**Checkmate.** Ex-champ was sole challenger against Ilyumzhinov, who is known to be a friend of Vladimir Putin's

Former world champion Garry Kasparov failed in his bid to oust the eccentric longtime head of the World Chess Federation on Monday, in a bitter contest steeped in Russian power plays.

Kasparov, a vocal critic of Vladimir Putin, was the sole challenger against Kirsan Ilyumzhinov, a wealthy businessman known to be supported by the Russian president.

The vote was held on the sidelines of an international tournament in Norway.

Delegates at the 2014 Chess Olympiad in the northern city of Tromsoe voted 110-61 in favour of Ilyumzhinov, with four votes annulled.

Ilyumzhinov, who once claimed to have visited an alien spaceship, has headed the governing body of chess, known by its French acronym FIDE, for 19 years.

Kasparov, who at 22 in 1985 became the youngest chess world champion, has described Putin as an arrogant dictator. In a recent AP interview he accused Ilyumzhinov of "working with Russian oligarchs in the Kremlin."

Supporters of Ilyumzhinov have said that Kasparov is too political for the job and that his advocacy of human rights is insincere. The two camps have accused each other of financial skullduggery.

Kasparov's supporters say Ilyumzhinov channelled federation resources to his election campaign and have accused him of other corrupt practices.

In a May letter to African chess officials, Lewis Ncube, a FIDE vice-president from Zambia who supports Ilyumzhinov, said Kasparov was using "military contacts" to pressure national federations into supporting his bid to become president.

"We have had no cases of corruption. I am very proud of my job," Ilyumzhinov said in a live stream broadcast by the Norwegian VG daily and thanked Kasparov for participating. THE ASSOCIATED PRESS

## Kathmandu's LGBTQ community celebrates

Participants dance as hundreds of lesbians, gays, bisexuals, transgender people and their supporters parade through the streets on Monday during Gaijatra festival in Kathmandu, Nepal. The Hindu festival to remember the dead is gleefully overtaken each year by the country's gay community in this socially conservative Hindu-majority nation. BIKRAM RAI/THE ASSOCIATED PRESS

Utah

### Resort banning snowboarding faces lawsuit

Snowboarders suing a ski resort that prohibits snowboarding will argue Monday in a Utah courtroom that the ban is discriminatory. They say the Alta ski area can't legally bar boarders from the federally owned land that makes up most of the resort.
THE ASSOCIATED PRESS

Maryland

### Five-hour roller-coaster ride ends

It took five hours to rescue 24 people stranded on a roller-coaster in Maryland.

Prince George's County fire officials said 17 adults and seven children were stuck at the top of The Joker's Jinx roller-coaster Sunday at Six Flags America in Maryland.
THE ASSOCIATED PRESS

1,150 fish collected

### P.E.I. probes over 1,000 fish deaths

The Prince Edward Island government says it's investigating a significant fish kill in one of its waterways. Volunteers from a conservation group and staff from the province's Agriculture Department collected about 1,150 brook trout, speckleback, rainbow trout and Atlantic salmon.
THE CANADIAN PRESS

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# Housing starts at 'unsustainable' levels?

**Canada Mortgage and Housing Corp.** Report finds new home building projects increased to a seasonally adjusted pace of 189,784 in July

Some economists warn that the surge in the number of new homes being built in Canada is unsustainable and could approach "worrying" levels if interest rates remain at the current level.

Canada Mortgage and Housing Corp. reported Monday that housing starts increased to a seasonally adjusted annual pace of 189,784 in July, compared with 185,952 in June.

Gains in urban starts were concentrated in Ontario and Atlantic Canada. The Prairie provinces and Quebec all recorded declines and there were also modest decreases in British Columbia.

July's results mark the fifth consecutive monthly increase in new housing construction.

According to analysis from TD Economics, builders are taking cues from the current housing market, which is riding high on lower interest rates and solid growth in resale prices.

"This level of activity is unsustainable over the near term, on account of an already moderate level of overbuilding as well as the likely gradual increase in interest rates," says TD economist Jonathan Bendiner.

THE CANADIAN PRESS

Some economists are worried by the fast pace of new homes being built in Canada. JUSTIN SULLIVAN/GETTY IMAGES

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| C$ Redeemable GICs | 1.55% | 1.85% | 2.10% | 2.35% | 2.65% |
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## Shopping while black.
# Barneys settles racial profile case for $525,000

Upscale American retailer Barneys has agreed to pay $525,000 US to resolve allegations that minorities were singled out as suspected shoplifters at its flagship store, part of a spate of racial profiling complaints against major retailers last year.

Barneys shoppers and ex-employees complained that detectives followed minority customers around — even after staffers identified them as frequent patrons — and disproportionately investigated their credit-card use, so much so that some salespeople even avoided serving minority shoppers so as to avoid getting calls from store investigators, state Attorney General Eric Schneiderman said Monday.

Besides the $525,000 in fines and expenses, Barneys will hire an "anti-profiling consultant" for two years, update its policy and record-keeping on detaining customers suspected of theft, and improve training of security and sales personnel.

THE ASSOCIATED PRESS

## Customer disloyalty?
# Businesses finding you can't buy love, or loyalty

With competition fierce for consumer dollars, companies are pulling out all the stops to build loyalty, from cost-cutting and beefing up loyalty programs to shamelessly broadcasting the bestowment of gifts on surprised customers.

But marketing experts say these tactics don't work unless consumers actually like the product or service being reinforced.

"Basically, you're trying to buy friendship," says a marketing professor at Queen's University. "You're trying to suggest to people that you're this good-guy bank or this good-guy airline. But the reality is, if you want to be a good guy, give good service." THE CANADIAN PRESS

**Hacker stole $83,000+**

## Canadian Internet provider used to steal Bitcoins

Researchers with a cyber security firm say they have uncovered that a hacker used access to a Canadian Internet provider to hijack large foreign networks, stealing more than $83,000 US in virtual currency. Dell SecureWorks, based in the U.S., says the hacker operated between February and May 2014. THE CANADIAN PRESS

**Market Minute**

**DOLLAR** 91.58¢ (+0.43)

**TSX** 15,261.64 (+65.33)

**OIL** $98.08 US (+$0.43)

**GOLD** $1,310.50 US (-$0.50)

**Natural gas:** $3.99 US (no change)
**Dow Jones:** 16,569.98 (+16.05)

# PEOPLE, U NEED 2 STOP IT!!! SMH

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**Jessica Napier**
metronews.ca

In today's fast-paced dating world of liking and swiping, poor texting habits can be an immediate deal-breaker.

According to a recent Digital Flirting Rules survey by Omlet — a new open messaging app developed by Stanford students — both men and women ranked informal spelling and funky abbreviations as their No. 1 turnoff when it comes to mobile messaging.

Multiple exclamation points, poor punctuation and grammar, all lower case words and acronyms (IDK, BRB, WTF) also ranked high on the list of chatting pet peeves among young adults.

Who knew we were so formal?

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A ubiquitous array of free and monetized apps and dating sites have radically changed the way we seek out and communicate with our potential romantic partners.

Even if you actually manage to connect with a stranger IRL (in real life), followup flirtations are bound to happen between your devices. Which means early on in the relationship, your touchscreen courtship skills are just as important as in-person chemistry.

So if poor sentence structure and truncated words are irritating texting turnoffs — are we doing anything right?

Typing LOL after every sentence or using multiple exclamation points might come across as desperate (and annoying!!!), but research shows that cutesy emoticons are actually surprisingly lovable in reasonable doses.

According to Omlet's survey, 31 per cent of men and 38 per cent of women prefer to receive chat and text messages with multiple emoticons and emojis.

So feel free to pepper your correspondence with a casual thumbs-up or a flirty wink-face — just don't go overboard.

Excessive emojis are acceptable when swapping stories among friends, but you should probably resist the urge to spell out your first-date plans in a hieroglyphic paragraph of beer glasses and ramen-noodle bowls.

It's also advisable to avoid employing symbolic hearts to express real emotion, unless you're an eight-year-old.

Ultimately, timing is everything when it comes to digital communication. Frequency, followup speed and time of day are important considerations for both men and women who are pursuing a new relationship via their smartphone. And if you're really interested in someone, you should be taking the time to spell out your words and punctuate your sentences correctly.

And for goodness sake, let's all give up the Y2K-era textspeak; even the most lacklustre romantic prospect deserves better than a lazy and dated "c u l8er."

## It's all good in Djerbahood

metro AR

A woman looks at a mural by South African artist Faith47 that decorates a wall in the village of Erriadh, on the Tunisian island of Djerba, as part of Djerbahood. For more murals, scan this photo with your Metro News app. ALL PHOTOS JOEL SAGET/AFP/GETTY IMAGES

### International mural project hits remote island town

- French-based Tunisian artist Mehdi Ben Cheikh has invited artists from all over the world to take part in an initiative to turn a district in a village on North Africa's largest island into an "open sky museum."
- The town of Erriadh, Djerba, in Tunisia, with its pale walls and charming architecture, provided the artists with the perfect backdrop and plenty of inspiration.
- Contributors include Belgian-based ROA, who made use of the town's many domed buildings to create an octopus, jellyfish and other creatures; France's C215, a.k.a. Christian Guémy, who contributed many delightful stencilled cats to post-office boxes and doors all over town; and South Africa's Faith47, whose work Hunt Her depicts an ethereal unicorn that looks like it has adorned the crumbling wall it sits on for centuries.

**By the numbers**

**150**

Thirty-four artists from 150 countries took part in the project.

**Online**

For more on the project, visit djerbahood.com.

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metro AR

**MetroTube**

## A! Oh! Let's yo

ANDREW FIFIELD
andrew.fifield@metronews.ca

**While the rest of us spent the weekend soaking up those precious drops of summer that will slowly slip away over the coming weeks, 18-year-old California wunderkind Gentry Stein was busy showing up his competition at the 2014 World Yo-Yo Contest in Prague with a dizzying, worrying performance of throws. Fair warning: If you're not into the music "the kids" are into these days, then you're REALLY not going to be into Gentry's selection here. So maybe dull your audio a bit. (c3yoyodesign YouTube)**

SCREENGRAB

metro

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DVD review

## Muppets Most Wanted

**Director.** James Bobin

**Stars.** Ricky Gervais, Ty Burrell, Tina Fey

It's not easy being a cash machine. Muppets Most Wanted makes this as plain as the nose on Miss Piggy's face. Just two films into the rebooted Muppets movie series, franchise fatigue is already setting in. All involved admit they don't really know where to go — except to the bank. The film is bookended by songs that parody the perils of following a hit, which The Muppets very much was in 2011. "Everybody knows the sequel's never quite as good," goes one line, and ain't it the truth? Missing in action are Jason Segel and Amy Adams, the human foils for Miss Piggy, Kermit the Frog, Fozzie Bear and the rest of the late Jim Henson's cloth-headed clowns. Segel's enthusiastic pen is also absent, leaving Nicholas Stoller, his co-writer from The Muppets, to do the heavy quipping on his own. Yet they get away with it, mostly. In the show-must-go-on style that's always been a Muppets mainstay, everybody gets down to business, confident that audience goodwill will see them through — and it often does.

PETER HOWELL

# Jeff Bridges is a big fan of one certain kid novel

**The Giver.** Actor claims he's been trying to get beloved book onto the big screen for the past 18 years

NED EHRBAR
Metro World News in Hollywood

Lois Lowry's 1993 hit young adult novel The Giver has a lot of die-hard fans, but possibly none as die-hard as Jeff Bridges ... No, really.

The Oscar-winning actor has been trying to get a film version of the book — about a future society where emotions and memories are controlled to keep the peace — for the past 18 years. Well, he finally got his wish.

Jeff Bridges says years ago he made a home movie of The Giver with his father and nephew. CONTRIBUTED

**You've been behind this film for a while. Is this a more personal project for you than some others you've done recently?**

Yeah, I think so. I've been involved with it for about 18 years. I originally wanted to direct my father, Lloyd Bridges, in the film. As a matter of fact, somewhere we have a videotape of me doing just that. We read through the whole book, my dad played the Giver. Dylan, my brother's son, played Jonas, one of his sons shot it, my buddy Bud Cort narrated the whole thing, and we have that somewhere. Hopefully we'll break it out for the DVD.

**What would you say was the biggest cause for delay in getting this movie made?**

I think the challenge of creating that world, for one thing. And also there's a certain danger element to the book. I thought it would be much easier than it turned out to be to get it made. I mean, 12 million copies sold in 21 countries, a Newbery (Medal) award-winning book, taught in schools ... But it's also on the banned books list, so it's quite controversial. A lot of people felt it was too risky for kids to know that information. There's sexual themes in it, a little bit of violence — but nothing compared to other movies that are out today. And then you have the euthanasia element, different things like that. And I think that made the financiers question whether it would be accepted or not. And then movies like Hunger Games — which my understanding is they were inspired by The Giver, that book — their success really helped our movie get made.

**Do you find now, since winning the Oscar, that you're being put in the "serious actor" niche?**

Well now I've kind of taken that strategy of playing things differently and thrown that out the window. Now I just jam and do whatever. I'm not too concerned about my career anymore. I'm just kind of playing. I try to resist being engaged in anything because I know what it takes. And that's also been kind of my game plan, to kind of resist.

**AUGMENTED REALITY**

→ The creation of sameness? Scan this photo with your Metro News app for a clip of Jeff Bridges in the new film The Giver!

metro AR → See the full instructions on Metro's Voices page.

FREE outdoor movies every Tuesday in August.

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| 40 | $12 | $10 | $12 | $10 | $23 | $18 |
| 45 | $16 | $12 | $19 | $13 | $33 | $22 |
| 50 | $16 | $13 | $29 | $20 | $52 | $36 |
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# Trainor gives the skinny on Bass song

**Booty beauty.** Singer ecstatic that young girls have gravitated to her pop hit about body image and acceptance

Despite initial rejections from other artists and record labels, Meghan Trainor's song, All About That Bass, has become a huge hit, jumping to No. 8 on the Billboard chart and selling close to 400,000 copies. THE ASSOCIATED PRESS

Not everyone was initially All About That Bass.

Meghan Trainor, the 20-year-old who is having a pop-culture moment with the song about body acceptance, said she initially wrote the track and pitched it to other artists, but was turned away.

"Labels were like, 'We love it, but you have to reproduce it. You got to get it more synth-y, pop-y,'" said Trainor, who worked with producer Kevin Kadish on Bass. "We looked at each other like, 'Man, I thought this was a hit, but I guess not.'"

Things changed when record executive L.A. Reid heard the doo-wop pop song and told Trainor she should be the voice behind it.

He signed the budding songwriter to Epic Records after hearing her sing Bass while playing the ukulele.

This week, the song jumped 20 spots on the Billboard Hot 100 chart to No. 8. The single has sold 389,719 copies so far in five weeks, and the music video, which has 10 million views and climbing, has become a water cooler topic among young girls and their parents.

Bass features such standout lines as "it's pretty clear, I ain't no Size 2," "I'm bringing booty back," and "yeah, my momma, she told me don't worry about your size."

Trainor said Grammy-nominated Kadish, who has worked with Jason Mraz, had the song title but didn't know where to go from there.

"I immediately thought, 'Booty. Bass. Thickness,'" she said.

Trainor, who grew up in Nantucket, Mass., recently moved to Nashville, Tenn. She was signed to a publishing house in Music City, and wrote songs for Rascal Flatts and others.

Now, she's working on an EP and album to capitalize on the breakthrough that Bass has given her.

Trainor said she's ecstatic and humbled that young teenage girls have gravitated to the song.

"I tear up and I call my mom, like, 'Did you see that? Did you read that one?' because some girls are like, 'I've hated myself. I hated life. I didn't want to go to school. I get bullied. And then I heard your song and I cried,'" she said.

"They say they cried because they're happy and they dance around the room. And I was just like, 'What?' It's crazy."

Bass has given Trainor a boost as well. "I wish there was a song like this when I was 13," she said, adding she's not always confident.

"It's all mostly in my head," she explained. "I would sit there in class like, 'I know they are judging me right now. I know they're picking on me.' ... So it helped me a lot, watching this video and seeing the comments that were positive. It's helped me go up a little bit."

THE ASSOCIATED PRESS

**Positive vibes**

**"I wish there was a song like this when I was 13."**

**Meghan Trainor, singer/songwriter**
On the positive reaction among teens to her hit song, All About That Bass

# Ford fit to be Star Wars right Han man again

Good news, Star Wars fans. Han Solo seems to be doing just fine. Harrison Ford was spotted looking fit as ever boarding a private jet in Los Angeles this weekend, presumably heading back to London to continue work on Star Wars: Episode VII after a production-upsetting injury earlier this year. The shooting schedule for the highly anticipated sequel was rearranged to accommodate Ford's recovery time, as the star of the original film trilogy is said to have a significant role in the new installment.

Harrison Ford ALL PHOTOS GETTY IMAGES

The Word

## *Love burned through $27M, but that's OK — it was only 'Nirvana money'*

NED EHRBAR
Metro in Hollywood

It's official. Courtney Love has spent more money than any of us will probably ever have. And most of that cash she blithely dismisses as "Nirvana money." The nerve! "I lost about $27 million," she tells Style magazine. "I know that's a lifetime of money to most people, but I'm a big girl, it's rock 'n' roll. It's Nirvana money; I had to let it go." Well, she could've at least been nice enough to let some of it go in my direction, if she was so eager to part with it. Sheesh. And hell, I'm just a Nirvana fan. Imagine what Krist Novoselic would say. "I make enough to live on, I'm financially solvent, I focus on what I make now," Love says, adding insult to injury. So where did those millions go? Well, a lot of it came from her habit of mixing prescription drugs and social networking. As you do. Love explains that she'd get loaded and make remarks on Twitter that would result in people suing her, and she's still working out a few of those libel cases. But don't worry, she's a big girl. It's rock 'n' roll.

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

## Chloe calls whole dating thing 'stupid,' was just hanging out with Becks Jr.

Apparently now that E! News has broken the seal on the purported teenage romance between 17-year-old Chloe Moretz and 15-year-old Brooklyn Beckham, the topic is fair game, as the Sunday Times magazine interrupted an interview with the If I Stay actress to press her on the issue. Only one thing, though: Moretz ain't having it. "I don't even know what dating is at this point. It's all so stupid," said Moretz, who was recently seen enjoying an afternoon of skateboarding with Young Master Beckham. "Why can't you just hang out with each other? Go to dinner if you want to? Why can't you go skateboarding if you want to go skateboarding with a guy?" Oh, honey. You're going to be asking yourself questions like that for a long, long time.

Chloe Moretz

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# Trapped in the chronic complaining trap? Get out!

People complain because they are bored, unhappy or it has become a habit.
ISTOCK

**Tips.** Even the most positive people get whiny sometimes. Recognize the reasons why you're doing it so that you can stop

GABRIELLE BERNSTEIN
Author of Spirit Junkie

Do you have a knack for zeroing in on what's wrong in a situation? Do you tend to focus on what's not working rather than what is? Do you fixate on flaws and let them ruin your experiences?

Heads up: You've fallen into the trap of complaining. It happens.

Even the most positive and easygoing among us can get caught in it.

But you've probably noticed that complaining doesn't actually make you feel better.

In fact, it usually darkens your outlook and saps your energy. When you find yourself breaking out complaints more often than you're expressing gratitude, turn things around by getting to the core of your behaviour.

There are three big reasons we complain — and simple ways to tackle each one.

## We're bored

When we feel uninspired, we often look for things to complain about.

It can be easier to direct our energy toward something negative than it is to get creative and find ways to stimulate our mind.

The best way to combat this pattern is to redirect your focus. Choose to shift your energy from complaining to celebrating.

For instance, if you catch yourself complaining about the food at lunch, immediately shift your focus onto what you plan to cook for dinner.

Instead of fixating on what you don't like, take back your sense of control and think about what you can create.

When you realize you're capable of effecting change, the urge to complain fades.

## We're not happy

Often when we complain about the negativity around us, we're unwilling to look at the negativity within us.

Therefore, we project our sadness outward by complaining about other people, our surroundings, or life in general. It's easier and more comfortable to blame things external to us.

But I'll let you in on an open secret: Facing up to the negativity within is liberating, because you can change it. The simple way out of this pattern is to focus on the good stuff. Proactively choose to focus on what feels good and what makes you happy.

Scientific research backs up the idea that focusing on what makes you happy really does bring more joy, energy and excitement into your life.

Set an alarm for three times throughout the day, and when it goes off do something simple to shift your focus.

## It's a habit

Whenever I notice myself complaining, I witness an old habit showing up.

Even though this pattern of behaviour no longer resonates with me, it still pops up sometimes. The best way to change the habit is to witness it and then choose to see it differently.

If you catch yourself in the moment that you're complaining, you can pivot and choose to change your attitude in an instant.

That moment of change establishes a new pattern that creates healthier behaviour. Each time you catch yourself and choose to see things differently, you reinforce that new pattern.

Complaining can be tough to quit. After all, complaining about a situation makes us feel like we're not in charge of it, and therefore that we aren't responsible for working to change it. But escaping the trap is easier than you think and exhilarating, too.

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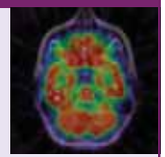

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# The Tao of swimming, from an Olympic champ

**Rebecca Adlington.** In 2008, at 18, the English swimmer won two gold medals, then retired at 25. Today, she advocates for the overall benefits of being in the pool

Rebecca Adlington says the sport is still a huge part of her life. GETTY

**A new study claims that swimming just a few laps a week can decrease negative emotions by a third. Having been the victim of Twitter trolls, would you say that swimming is what helped you deal with that?**
It definitely gave me my confidence and my escapism. It's a huge part and love of my life. It's nice to be in a pool with your thoughts and be able to process things, and understand what's going on. It can give you peace.

**How would you describe swimming?**
Freedom. The feeling of being in water is unlike anything else; you can't replicate it. I go into my own world. And it's just kind of the weightlessness, which is kind of how I imagine space would feel.

A lot of people would rather go jogging or ride a bicycle — and wear leggings and baggy workout clothes — because they're insecure about the way they look in a swimsuit.

You go to the pool to escape, not to look or stare at other people. As soon as you hop in, no one's going to see you anyway.

It's also about getting the right swimming gear. A lot of swimsuits now have a lot of support; Speedo has a range that does this tummy tuck sort of thing. Like Spanx, but not as tight.

**Would you say swimming is more of a sport or a therapy for you?**
When I competed, it was definitely a sport. But it's now more about leisure. I don't even try to swim fast anymore.

I struggled with motivation right after the Olympic Games because my body was sick of exercising. So I gave it a good six months of not being in a pool. I took that time out to mentally and physically debrief; I had to learn it wasn't a race. METRO WORLD NEWS IN LONDON

Truth about e-cigarettes

## *No smoke, no fire?*

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

E-cigarettes are hyped as a new tool for butting out.

They are smokeless, have no tobacco, and feature a battery-operated cartridge that warms a liquid that may contain nicotine, water, flavouring and propylene glycol (an alcohol that is heated to create the vapour inhaled). Ingredients in the cartridges vary, and not all devices contain nicotine.

So are they safe?

Best Health magazine's Melissa Greer looked into it for the latest issue of Best Health, on newsstands now.

Dr. Andrew Pipe of the University of Ottawa Heart Institute says some people assume e-cigarettes will help them quit smoking, but "early studies haven't shown significant improvements toward quitting rates."

There's concern that e-cigarette users will use the devices in combination with cigarettes to feed nicotine addiction, becoming "double users," says Pipe.

More research is also needed to rule out worries around long-term inhalation of the device's ingredients, including propylene glycol and unregulated amounts of nicotine.

E-cigarettes with nicotine or that make health claims are illegal here, but some Canadians purchase them online from the U.S., the U.K. and even Canada.

Gary Scott Holub, a Health Canada spokesperson, says they have not been approved for use, sale or advertisement: "A company would have to provide evidence of safety, quality and effectiveness for its product to be authorized."

Without scientific evidence, Health Canada advises against their use, and the Canadian Cancer Society supports this position. As for e-cigarettes without nicotine, they are legal, but regulations for use and safety don't exist.

Unfortunately, both types may pose a health risk. "Because they're unregulated, they are manufactured in a variety of settings," says Pipe. "No one has a clear idea of what's in the solutions used."

Could they be a good thing? Maybe.

Dr. Peter Selby, chief of the addictions division at the Centre for Addiction and Mental Health in Toronto, says, "We've known for decades that smokers smoke for the nicotine but die from the smoke. E-cigarettes have the potential to help smokers quit while cutting exposure to the 7,000 chemicals, including 60 that cause cancer, found in cigarettes. There's incentive to study this technology further and consider a Health Canada-regulated product." PICK UP THE LATEST ISSUE OF BEST HEALTH MAGAZINE, ON NEWSSTANDS NOW. SUBSCRIBE AT BESTHEALTHMAG.CA

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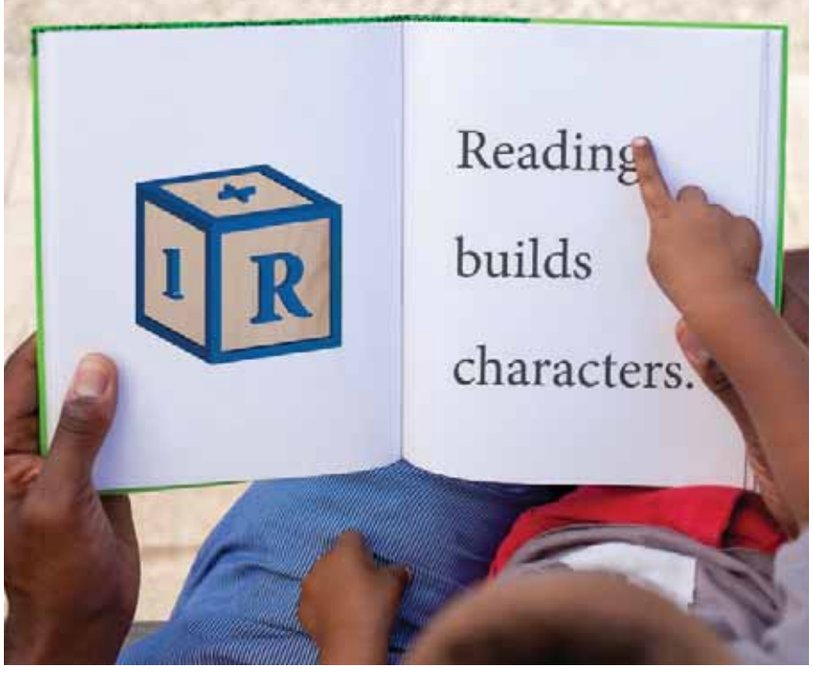


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APOTEX ADVANCING GENERICS

# Good health starts with some milk

## *Incorporate dairy into diet to help prevent disease*

When it comes to getting enough calcium in your diet, milk products — specifically milk, yogurt and cheese — are undoubtedly the gold standard.

Not only are these foods naturally high in calcium, but they are also chock-full of up to 15 other essential nutrients, such as protein, vitamin B12 and zinc, which all work together to provide health benefits and help protect against many diseases.

Clearly, if you miss out on milk products, you're missing out on a whole lot more than just calcium.

### *BONE HEALTH*

Osteoporosis is a growing concern as our population ages. Making healthier lifestyle choices such as increasing activity (particularly weight-bearing exercises), not smoking and eating a balanced diet that includes calcium-rich foods such as milk products are important steps in preventing fractures and improving bone structure to prevent osteoporosis later in life.

### *NEW WAYS TO ENJOY*

Try spreading your servings of milk products out throughout the day. Steep your tea in milk instead of water, have a latte instead of plain coffee, use vanilla yogurt sprinkled with cinnamon as a dip for fruit, and cook your oatmeal in milk for a creamier and more filling breakfast.

### *HEART HEALTH*

Hypertension, which can lead to heart disease and stroke, is considered the "silent killer" because almost half of Canadians who have it aren't aware of it. Data consistently shows a significant benefit from consuming milk products in the prevention and management of hypertension because they contain nutrients such as calcium, magnesium and potassium.

### *CANCER PREVENTION*

Colorectal cancer is the second leading cause of cancer death in Canada, yet it is highly preventable by adopting positive lifestyle changes. Calcium, vitamin D and other nutrients found in milk seem to play an important role in protecting against this type of cancer.

Unfortunately, despite the many health benefits of milk products, children, teens and adults are not getting enough. Statistics show that two out of three adults do not get enough milk products everyday. All it takes is two servings a day. Having a cup of milk with a meal and 3/4 of a cup of yogurt as a snack will do the trick.

After the age of 50, three servings a day is recommended.

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Health Solutions

## *Include watermelon at your dinner table today*

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Who doesn't remember the childhood pleasure of sitting on a porch or stoop and letting watermelon juice run down your chin and wrists as you suck the sweet juice from a wedge?

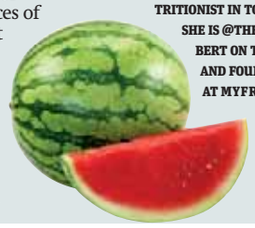
Now that you are a grown up, though, you have experienced the conundrum of what to do with the rest of the beast when the slurping is done. You'd be surprised.

Watermelon is one of the more intense sources of lycopene (that nutrient that everyone thinks is only in tomatoes!) that is known to help protect hearts and prostates. It is also high in vitamin A to protect the eyes.

High-water-content fruits and vegetables keep you hydrated and feeling full throughout the day in exchange for very few calories.

Here are some ways to use up the other half:

- Blend into a juice and use for smoothies;
- Blend with greek yogurt and freeze into popsicles;
- Use as you would tomatoes in sandwiches (simply pat dry with paper towel first);
- Grill for 30 seconds on a very hot barbecue as a base for ice cream desserts;
- Use as you would a raspberry puree in marinades and sauces;
- Chop with mint or cilantro and garlic as fresh salsa;
- Mix with feta and balsamic vinegar and serve on a pita;
- Chop into salads as you would strawberries.



THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

# Take ooey gooey goodness on the go

**Pack a picnic.** Grilled Cheese may not seem like a likely outdoor choice but this sandwich is better when it's cooled

You may not think of using watermelon to bump up a Grilled Cheese but, man, is it good!

The watermelon holds its water better than tomato. These babies are great on a griddle on a barbecue, in a skillet or a Panini press.

They are best wrapped and served cool!

**AUGMENTED REALITY**

→ Scan this photo using your Metro News app to follow along as Theresa Albert gives us some useful watermelon tips!

→ See the full instructions on Metro's Voices page.

This recipe serves four. THERESA ALBERT

**Ingredients**

- 4 slices watermelon
- 8 slices, 100% whole grain bread, chewy in texture
- Butter
- 2 tbsp (30 ml) mustard
- 6 oz thinly sliced extra-sharp cheddar cheese, divided equally ' in 4
- 1 1/2 cups (375 ml) baby arugula

**1.** Place the watermelon pieces between paper towels to absorb extra fluid. Set aside.

**2.** Butter each slice of whole grain bread on outside and spread the mustard on inside, and top with cheese. Top the cheese with baby arugula and watermelon slice.

**3.** On griddle or grill press, spray cooking spray and grill sandwiches on each side until the cheese begins to melt.

RECIPE ADAPTED BY THERESA ALBERT FROM WATERMELON.ORG

This recipe serves four. MATTHEW MEAD/THE ASSOCIATED PRESS

# Watermelon's savoury side

This simple recipe for spicy watermelon salad with feta cheese and basil is a great start to bringing out watermelon's savour side, but improvise as you see fit.

**1.** Divide the watermelon between 4 serving plates, then top each with a quarter of the banana pepper slices.

**2.** Using a mandoline, carefully shave about a quarter of the chili pepper over each plate. Alternatively, you can finely mince the chili, then scatter the pieces over the salads.

**3.** In a small bowl, whisk together the lime juice, sesame oil and sugar, stirring until the sugar is dissolved. Drizzle the dressing over the watermelon salads, then top each with some of the feta, basil and pine nuts.

THE ASSOCIATED PRESS

**Ingredients**

- 4 cups cubed watermelon
- 1/4 cup jarred banana pepper slices (or other pickled peppers)
- 1 red chili pepper
- 2 tbsp lime juice
- 1 tbsp toasted sesame oil
- 1/2 tsp sugar
- 4 oz feta cheese
- 1/4 cup fresh basil leaves, torn
- 1/4 cup pine nuts, toasted

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# When a business hands you lemons

**Meals made easy.**
Foodiepreneurs are finding the right ingredients for Canadians on the go

TAKARA SMALL
Metro News in Toronto
@takarasmall

The days of buying a soon-to-spoil pound of potatoes for one meal may well be over. COURTESY OF FRESH CANTEEN

Dinner is in the bag, literally, thanks to a new food trend that is taking all the hard work out of making evening meals.

Two Canadian startups — Fresh Canteen and Mealspirations — are helping consumers create easy-to-make entrees with their home-delivered dinner kits.

"We've been in the food business for many years as importers of great products from around the world," says Vince Saroli, a member of the Fresh Canteen team.

"We felt it was time to share our passion for food and healthy eating by providing great meal kits so that people can get back in the kitchen and start cooking again, and discover wonderful flavours from around the world."

Fresh Canteen, which launched in 2013, delivers step-by-step recipes and ingredients for meals ranging from sweet chili salmon to flat iron steak. Once a week, they deliver three specialty kits that serve two people each for $75.

Each kit includes all the spices, vegetables or meat needed to make dinners created by the company's test kitchen.

Apart from simplifying the meal process for Canadians, the Fresh Canteen team is aiming to reduce waste and save customers money by providing them with the exact amount of seasoning and ingredients needed to make the perfect meal.

"It is a brand new concept in Canada," says Linda Ogbeide, owner of a similar food delivery company called Mealspirations.

"I had a very hectic job, which made it difficult to find time eating home-cooked meals.

"I often came home late and was too exhausted to go grocery shopping, but also to come up with a plan of what to cook," she says about the inspiration behind the company.

Ogbeide and her team collaborate with a variety of culinary professionals to make their meal package, which cost $78 for three kits that serve two people each.

"We put a lot of attention into our recipe development," she says.

**What a dish**

Go to metronews.ca/mom-and-pop-shops to see what recipe kits these Canadian entrepreneurs have created.

**Neighbourhood nosh**

**Being based in Toronto, the multicultural environment allows us to find the products that we need to bring everything together for our customers.**

Vince Saroli
Member of Fresh Canteen team

"We collaborate with Chef Matthew Kennedy to create seasonal recipes that are healthy, delicious and easy to make."

Recipe creation is the part of the business Fresh Canteen's Saroli says he enjoys most.

"Creating recipes is the fun part. We search for great ingredients and spices and then build fantastic dishes around them.

"We live in a city that offers a lot of opportunities to source out the best ingredients," he says.

"Being based in Toronto, the multicultural environment allows us to find the products that we need to bring everything together for our customers."

Although both entrepreneurs are set to reap the sweet rewards of their business, they are keen to point out the hard work it took to turn their dreams into reality.

"Most entrepreneurs spend all of their time on their business, including their personal time.

"It's important to designate non-working hours so you can spend time with your family and friends," says Ogbeide.

"All work and no play leads to burn out."

As for Saroli's advice?

"Talk to people, get guidance, and filter the information to meet your needs," he says.

"You will be amazed at how many people are out there willing to help out any way they can. Surround yourself with the best people possible."

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**Structural (Aircraft) Assembly Training Program**

In partnership with Bombardier Aerospace, Centennial College will be running a new Structural (Aircraft) Assembly training program.

**Join us for our Information Session:**
**Wednesday, August 13 at 6:30 p.m.**
**Auditorium, Ashtonbee Campus**
**75 Ashtonbee Rd.**

This is a subsidized program for youth who qualify, and are between the ages of 18-29 with a high school diploma.

**For more information contact**
**Janna Erichsen**
**jerichsen@centennialcollege.ca**
**416-289-5000 ext. 7256**

Support for this program has been provided by the Ministry of Economic Development, Employment and Infrastructure.

Ready.Set.Work. | Ontario

**See where experience takes you.**

# Exercising your intellect

**From site to skill.**
Beat summer brain drain with these four sites that will help you to use your cranium

LAKSHMI GANDHI
Metro World News

Hazy, hot and humid summer afternoons have often been used as the perfect excuse to procrastinate. But summer can be a great time to learn a new skill. Here are some easy and fun ways to do so.

**Learn the ins and outs of the stock market**
The new online investing platform Kapitall is designed for those who are just starting to get into the world of finance. Founded by veterans of the finance and tech worlds and a video game designer, Kapitall allows users to set up a virtual stock portfolio. Utilizing virtual money, users can practice trading stocks, take lessons, and compete tournament-style against other users.

"There are many that would say that the market is a game, but we're not trying to say that," says Kapitall's CEO Jarett Lilien. "But if you look at games, games should be approachable to those who are new to it."

Many people think that the markets are extremely hard to understand, Lilien continues. "There are a lot of barriers to entry and the problem is that they are intimidating to access as a newbie," he says. "We really try to target a mindset, and that's somebody who wants something that's less intimidating."

More advanced users can use the software to create a real portfolio.

Hosting a book club is a great excuse to both see your pals and use your smarts. ISTOCK

**A professional plus**

- Lynda.com offers hundreds of courses and online tutorials on everything from video editing, photography and design. Use it to learn programs like Photoshop or Final Cut Pro.

**Become bilingual**
Are you sad you've lost all of your high school Spanish or French? The free program duolingo.com lets aspiring students study French, Spanish, Italian and Portuguese with a variety of games and quizzes.

**Read the classics**
If you are looking for something a bit more intellectually heavy than the stereotypical summer beach read, thousands of classic books are available to download for free. Sites like Project Gutenberg and classicreader.com make it easy to access great works of literature.

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# Get a head start

## *These pointers can keep you healthy, on budget, and focused this school year*

Whether you're fresh out of high school or returning to your post-secondary studies, here are a few pointers to make the most of your school year:

***YOU'RE NOT ALONE.*** Don't be afraid to ask for help from instructors and fellow students, and see what your school has to offer in terms of academic skills help, disability assistance, career planning and counselling.

"Managing time, managing stress, preparing for exams, all of that is often very important, especially for first-year students who are not used to the workloads or the strict deadlines," says Murray Sang, director of the student academic success service at the University of Ottawa. "We have time management tips, exam anxiety tips, those kinds of things."

***KEEP AN EYE ON THE MONEY.*** "Do a back of the napkin calculation of what the school year will cost — tuition, books, booze, etc.," says Bruce Sellery, author of Moolala (Why smart people do dumb things with their money and what you can do about it).

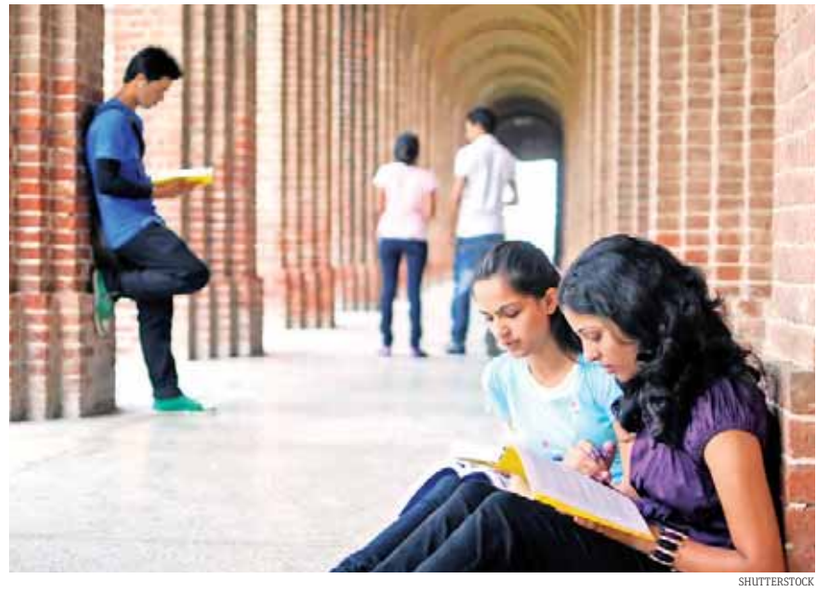
### *TOP STRESSORS*

Eighty-four per cent of students surveyed by UThink.com say most days were at least somewhat stressful. Their biggest worries?

- Academic performance (78 per cent)
- Saving school money (77 per cent)
- Time management (68 per cent)
- Managing finances (59 per cent)
- Finding a job (54 per cent)

"Look at how much money you have coming in — from loans, scholarships, parents and savings. Then figure out what the gap is. Fill the gap before it is urgent: Get a part-time job. Ask your parents for another loan before you're desperate. Cut back spending."

***PUT IN THE TIME.*** Your class work is just the beginning. For every hour of class, you should plan to spend at least one to three hours studying outside class, depending on the subject.



SHUTTERSTOCK

***WRITE AS YOU READ.*** If you summarize your course readings as you go, you'll retain the information better and have ready-made exam study notes.

***KEEP YOUR EXPECTATIONS REALISTIC.*** Getting 80s won't be as easy in your post-secondary studies as it was in high school. But it can be a lot easier if you keep your career goals in mind: Knowing where you're going not only helps you choose the right courses, but keeps you motivated.

***MAINTAIN BALANCE.*** This simple matter might be the trickiest, but also the most important factor in your success at school. Take time for sleep, meals, exercise and social activities, so you don't burn out. *– Steve Collins*

SHUTTERSTOCK

# LANGUAGE PROGRAM FOCUSES ON WORKPLACE COMMUNICATION SKILLS

Occupation Specific Language Training (OSLT) is a language program for newcomers focused on communication in the workplace. The project is funded by Citizenship and Immigration Canada and offered by 14 colleges across Ontario, including six colleges in the GTA — Centennial, College Boreal, George Brown, Humber, Seneca and Sheridan. Courses are free for permanent residents and protected persons.

Each course focuses on the use of language in a particular field with emphasis on speaking and listening. For individuals with little or no work experience in Canada, OSLT provides orientation to a specific occupation using materials and activities relevant to the workplace. Some of the topics include: how to present yourself in a job interview; how to communicate with colleagues in meetings and on the phone; how to write effective emails and express your point of view; how to make presentations; how to write persuasive cover letters and resumés — all in the context of a specific occupation.

OSLT courses are offered in the following broad sectors: automotive, business, construction and skilled trades, early childhood education, health sciences, human services, project management and technology.

Individuals who are interested in OSLT must have prior education or experience in one of the included occupations. Eligible individuals must also demonstrate an intermediate level of English with a Canadian Language Benchmark score of six to eight. Please see the OSLT website for specific occupations covered and college schedules: co-oslt.org.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OSLT Occupation-specific Language Training | FLAP Formation linguistique axée sur les professions

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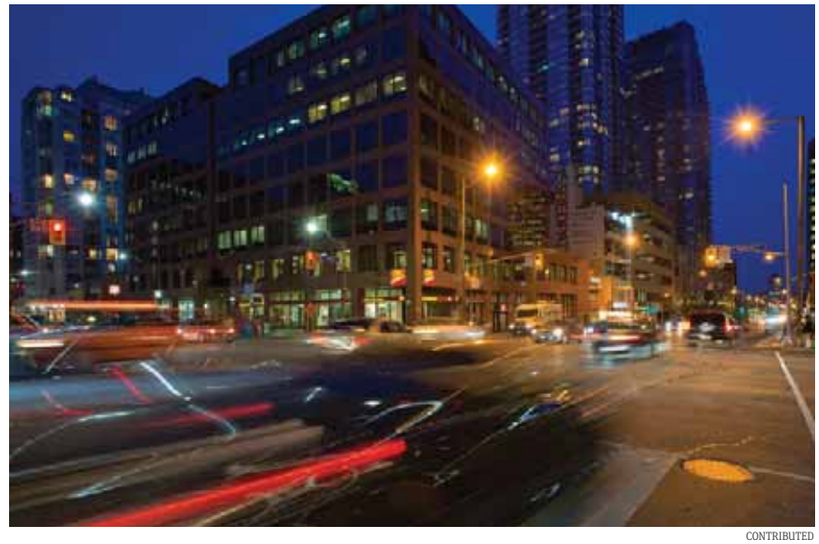
# Centennial set to open new campus

## *Downtown location accommodates ESL students*



CONTRIBUTED

### *AT EGLINTON STATION*

- The new Centennial satellite location is a convenient, five-minute walk from the Eglinton subway station.
- This new location will open in time for September classes.
- For more info about the programs offered at this location, visit centennialcollege.ca.

To better serve Centennial College's growing population of international and continuing education students, the college is pleased to announce the opening of their brand new Centennial Learning Site.

Located at 124 Eglinton Ave. W., this new facility provides an opportunity for Centennial to expand on the delivery of English language training, as well as offer certificates for teaching English as a second language, a number of business courses, and postgraduate certificate programs.

"Our new location will have full services, and activities will be integrated with our main campus," says Virginia Macchiavello, the director of international education at Centennial College.

"We look forward to bringing a Centennial education to the area and making education accessible to the local community."

Macchiavello says part of the reason for the expansion was that the current, main campus was running at capacity. The new satellite location is expected to host a number of international students in the ever-popular English language training program.

This site will provide opportunities for Canadian students to take Centennial courses either on a part-time or full-time basis.

Because of the new, downtown location, it is also a great place for continuing education learners seeking professional development within the city.

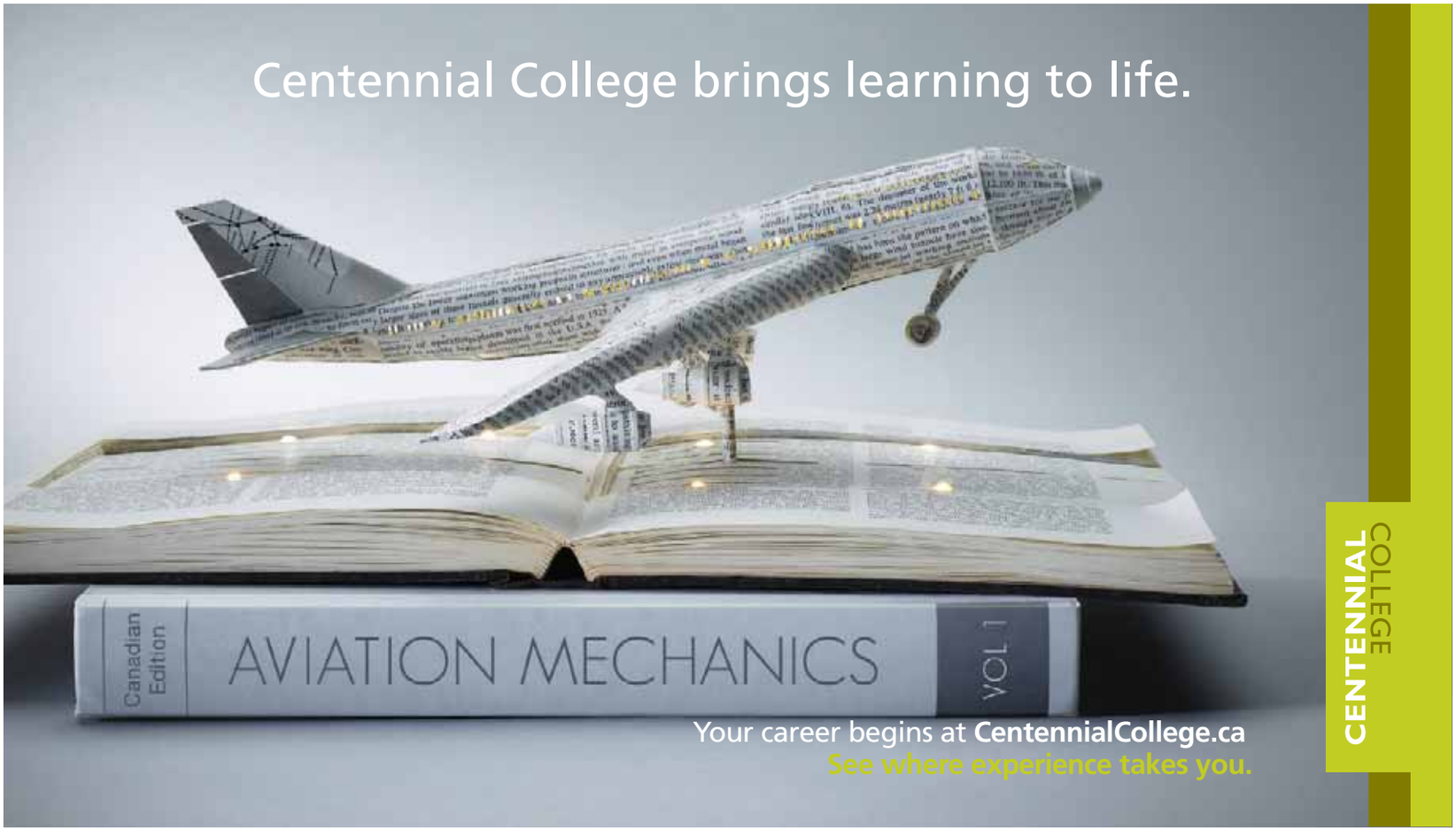
"Centennial College provides a post secondary education that is closely linked to industry," says Macchiavello.

"We want students to have the opportunity and support to develop their career and skills that will lead to employment as well as contribution to their communities."

Macchiavello says both international and domestic students represent the mosaic that makes up Canadian society and they believe Centennial graduates will have an impact locally, nationally and globally.

Centennial hosts more than 5,000 international students from 104 countries and sends more than four per cent of their domestic students for global experiences in exchanges, study and work abroad.

All students study global citizenship and social responsibility as it relates to their careers and personal development.



CFL

## O'Shea returns as opposing coach

He spent 16 years with the Toronto Argonauts as a player and coach, winning four CFL championships — including the historic 100th Grey Cup. But Mike O'Shea isn't feeling any sense of nostalgia in his first game back at Rogers Centre as the Winnipeg Blue Bombers' head coach.

Winnipeg (5-2) visits Toronto (2-4) to cap a stretch of two games in five nights, coming off a 23-17 home loss to the Saskatchewan Roughriders. But not surprisingly, the 43-year-old O'Shea, a native of North Bay, Ont., downplayed his return.

"It doesn't stir any extra emotion," O'Shea said. "It's different staying in a hotel before the game and coming into the Toronto airport and trying to find a bus instead of my car."

O'Shea patrolled the middle of Toronto's defence for 12 of his 16 CFL seasons, winning Grey Cups as an Argos player in 1996, 1997 and 2004 and being named to the franchise's all-time squad. He became the club's special-teams coordinator prior to the 2010 season and was a member of current head coach Scott Milanovich's staff when the team beat Calgary 35-22 at Rogers Centre in the 100th Grey Cup. THE CANADIAN PRESS

Blue Bombers head coach Mike O'Shea MARIANNE HELM/GETTY IMAGES

# Jays' Happ getting his time to shine

**MLB.** Left-handed starting pitcher enjoying his longest uninterrupted period of stability in Toronto

Blue Jays pitcher J.A. Happ has posted a 1.71 ERA since the all-star break. DAVID COOPER/TORSTAR NEWS SERVICE

Baseball is anything but a fair business, but J.A. Happ deserved a good turn.

Since arriving in Toronto a few days before the trade deadline in 2012, the six-foot-six left-hander could never seem to catch a break. Some of his woes were related to his own underperformance, but much was out of his control. When he wasn't battling arbitrary bullpen relegation, he was dealing with bizarre injuries. Along the way he developed a reputation as something of a malcontent.

Of late, however, Happ has been a stabilizing force in the Blue Jays' starting rotation. In his four starts since the all-star break, he has been remarkable, posting a 1.71 ERA while striking out nearly a batter an inning and averaging more than six frames each outing.

Perhaps it's no coincidence that Happ's recent success has come amid the longest uninterrupted period of stability in his Jays career.

"I always felt like if I was able to have a stretch like this, I would be able to figure it out," he told Torstar News Service this weekend.

What may have been his most hard-luck injury came in just his seventh start of 2013. He suffered a fractured skull when he was struck on the side of the head with a line-drive off the bat of Desmond Jennings in a frightening scene in Tampa. True to Happ's star-crossed Toronto tenure, it was a sprained knee suffered as he crumpled to the ground — not the fractured skull itself — that kept him on the disabled list for the next three months. Happ was back on the DL to start this year after he had a disastrous spring training while trying to pitch through a back injury.

But now Happ is pitching better than he has in years, and he says part of his recent success is a result of feeling more confident. "I have to trust myself and my stuff," he said. "Confidence is the most important factor in pitching. Without it, it's almost impossible to succeed."

Happ struck out a career-high 12 batters last week against Baltimore. He has nearly a 25 per cent swing-and-miss rate on pitches above the top of the strike zone this season, likely aided in part by the fact his average fastball velocity is up by more than two miles per hour this season compared to his career average.

The 31-year-old, who pitches Tuesday in Seattle, is potentially a free agent at the end of this year. If the Jays elect not to pick up his $6.7-million club option, he'll test the open market. So the final six weeks of the season are as important to him personally as his performance is to the Jays.

TORSTAR NEWS SERVICE

**Jays vs. Mariners**

Go to metronews.ca for coverage of Monday night's game in Seattle.

4 SPORTS

# Wiggins not stressing what he can't control

**NBA.** With questions swirling around trade, No. 1 pick returns to familiar blacktop

Andrew Wiggins plays with kids while filming an ad for BioSteel Sports Drink at his old school on Monday in Concord. NATHAN DENETTE/THE CANADIAN PRESS

Hanging on a wall at Glen Shields Public School is the grad portrait of the class of 2008-09.

The kid in the fourth row from the bottom, fourth from the left, looks like any other ordinary teen; a little smile, a graduation gown, a gaze directly at the camera.

Outside the Concord public school Monday was proof that the kid in that picture is anything but ordinary.

Dozens of reporters, satellite TV trucks and autograph seekers were on the scene to get a piece of that very kid, Andrew Wiggins, the No. 1 pick in this year's NBA draft.

"It means a lot … coming back to my old stomping grounds. This is where it all started. Growing up here as a little kid, I was out here every day after school. I would come here before school, and play basketball here with my friends," said Wiggins.

These days, things are a little more complex than schoolyard ball. Pretty much from the moment he was drafted by the Cleveland Cavaliers, Wiggins has been the subject of trade rumours.

Last week, the Cavs reached agreement in principle on a deal that would send Wiggins to the Minnesota Timberwolves along with last year's No. 1 pick and fellow Canadian Anthony Bennett and a 2015 first-rounder for all-star Kevin Love.

In Cleveland, he would have been playing with LeBron James and Kyrie Irving. In Minnesota, he'll be a key part for a team in rebuilding mode.

Wiggins says he's not worked up about his fate.

"I don't worry about anything that's not in my control. I just know that when October hits and the season comes I'll be playing basketball, the sport I love," said Wiggins with a shrug and a smile.

And as for whether that life will some day bring him back to Toronto as a Raptor, Wiggins said he won't be stressing about that, either.

"I don't know. Only God knows. That's too far ahead."

TORSTAR NEWS SERVICE

**OVO Fest**

## Drake's K.D. pitch costs Raps $25K

The Raptors have reportedly been fined $25,000 US by the NBA for comments rap star Drake made about Kevin Durant at last weekend's OVO Fest.

Drake, the team's global ambassador, used the stage at the Molson Amphitheatre to make a pitch for Durant to sign in Toronto when he becomes an unrestricted free agent in 2016.

"You know, my brother Kevin Durant was kind enough to come to the show tonight and watch us. I just want him to see what would happen if he came to play in Toronto. Let him know what would happen," Drake said as the crowd chanted "K-D, K-D, K-D."

THE CANADIAN PRESS

Drake TORSTAR NEWS SERVICE

**Auto racing**

## Death on track not being considered criminal, police say

Kevin Ward Jr. died of blunt force trauma when he was hit by a car driven by NASCAR star Tony Stewart.

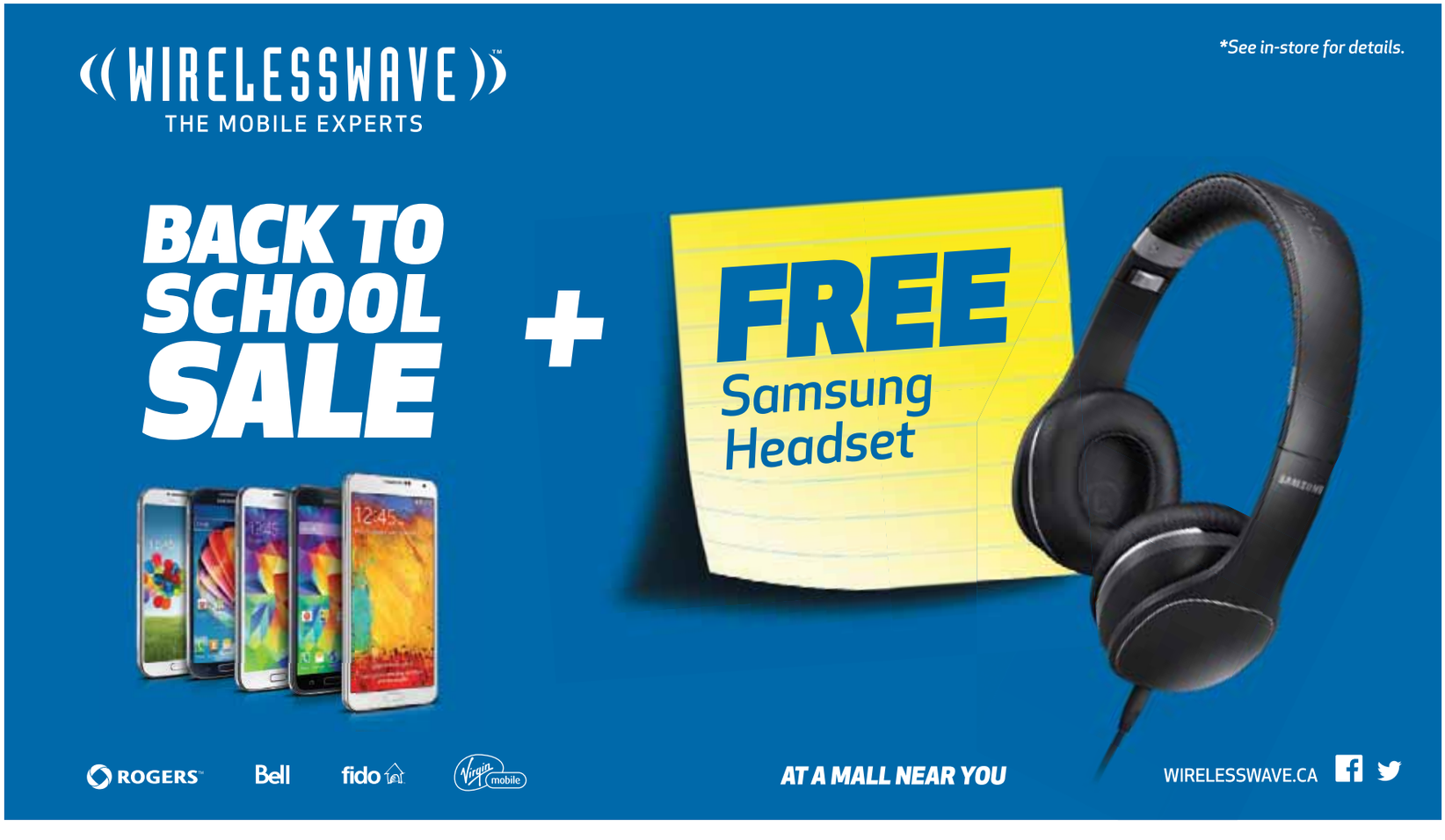
Ontario County Sheriff Philip Povero says the autopsy was completed Monday. The 20-year-old driver was competing in a dirt-track race in upstate New York.

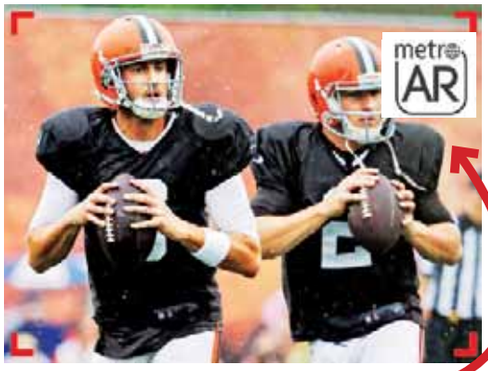
Authorities questioned Stewart on Saturday night and went to Watkins Glen to talk to him again Sunday. Povero said Monday there were no plans "at this time" to talk to him again.

There is no timetable to complete the investigation.

Povero says there is nothing in the inquiry that supports criminal conduct or probable cause. He says there was no camera in Stewart's car.

THE ASSOCIATED PRESS




## There's only room for one

Cleveland's Brian Hoyer, left, and Johnny Manziel compete for the same quarterback job at camp on Monday in Berea, Ohio. Scan the image with your Metro News app for a gallery of NFL training camps.

MARK DUNCAN/THE ASSOCIATED PRESS

# Time to bring that A-game to the pitch

**U-20 Women's World Cup.** Canada faces powerful North Korea, looking for a win to move to quarter-finals

Canada's captain Kinley McNicoll brings the ball under control as coach Andrew Olivieri looks on during the first half against Finland in Toronto on Friday. CHRIS YOUNG/THE CANADIAN PRESS

Canada's hopes of reaching the quarter-finals at the women's under-20 World Cup likely depend on a win against the toughest team in their group: North Korea.

Canada (1-1-0) plays North Korea (2-0-0) in their final group stage match Tuesday night at Olympic Stadium. The Canadians enter the game in a precarious position after losing their opener 1-0 to Ghana and then needing a dramatic, second-half comeback to top Finland 3-2.

"We've known since the 90th minute of the Ghana game that we needed two results, or two wins," coach Andrew Olivieri said Monday. "You saw the impact the crowd had in Toronto in the second half (against Finland). That was great for us. We hope to have the same in Montreal."

After playing before crowds of 14,834 and 16,503 at cosy BMO Field in Toronto, Canada will move indoors onto artificial turf in the cavernous, 55,000-seat Big O to face one of the top teams in women's soccer at the junior level.

The North Koreans, led by striker Ri Un Sim, downed Ghana 3-0 on Saturday after edging Finland 2-1 in their opener.

They are known as a well-organized, disciplined team that makes opponents pay for mistakes.

"We have to make sure we're careful and that there are not too many lapses," said Olivieri, a Montreal native and former goalkeeper for the Montreal Impact.

North Korea leads the group with six points and a plus-4 goal differential, while Canada has three points and an even differential and Ghana has three and is minus-2.

Finland has no points and is minus-2, but still has a chance to get into the tie-breaking mix if Canada loses and it wins big against Ghana in Moncton, N.B. on Tuesday night.

Canada looked doomed when it fell behind by two goals in the first half against Finland.

But Janine Beckie scored in the 48th minute, followed two minutes later by the equalizer from Valerie Sanderson, who slotted home a feed from Nichell Prince. Spurred by a roaring home crowd, Prince got the game-winner that kept Canada in contention.

THE CANADIAN PRESS

NFL

## Seahawks' Lynch investigated in assault claim

Police in Bellevue, Wash., are investigating whether Seattle Seahawks running back Marshawn Lynch was involved in an assault and damage of personal property.

The incident was reported by the female victim about 12 hours after it took place in an apartment. Police say there was no domestic violence or sexual assault involved in the allegation. THE ASSOCIATED PRESS

Fear of Ebola outbreak

## Togo wants to move match out of Guinea

Togo officials have asked the Confederation of African Football to move a game out of Ebola-affected Guinea as the outbreak of the deadly disease threatens to disrupt the African Cup's final qualifying round.

Games involving Sierra Leone are already under scrutiny after that country said it would not host any football matches until further notice because of Ebola. THE ASSOCIATED PRESS

Tuesday, August 12, 2014

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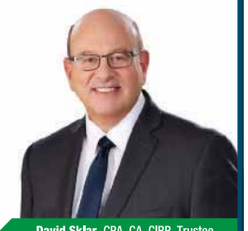

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## AUGMENTED REALITY

**Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.**

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→ See the full instructions on Metro's Voices page.

## Horoscopes by Sally Brompton

### ♈ Aries
**March 21 - April 20**
Get plenty of rest today because you are going to be super busy towards the end of the week. The planets will confront you with challenges that demand a strong response.

### ♉ Taurus
**April 21 - May 21**
Set yourself targets, but don't aim so high that failure is more likely than not. You don't have to be perfect – you're perfect just the way you are.

### ♊ Gemini
**May 22 - June 21**
Don't worry if you have not yet made a serious start on an important project because you will get your chance over the next two or three days. Just keep your emotions out of it.

### ♋ Cancer
**June 22 - July 23**
You cannot have things your own way all of the time but you will always get another chance, so why worry? Look forward today, not back.

### ♌ Leo
**July 24 - Aug. 23**
If there are things you still need to do, get working on them today. Tomorrow there will be other issues that demand your time and attention.

### ♍ Virgo
**Aug. 24 - Sept. 23**
Less than two weeks from now a new solar year will begin and you will no longer be held back by issues over which you have no control. The good times are on their way.

### ♎ Libra
**Sept. 24 - Oct. 23**
You need to take life at a more relaxed pace over the next 24 hours. You will have to deal with important issues, of course, but, seriously, there is nothing to worry about.

### ♏ Scorpio
**Oct. 24 - Nov. 22**
It won't be long before you have to make a choice between a personal relationship and your work. You will need to focus in a single direction.

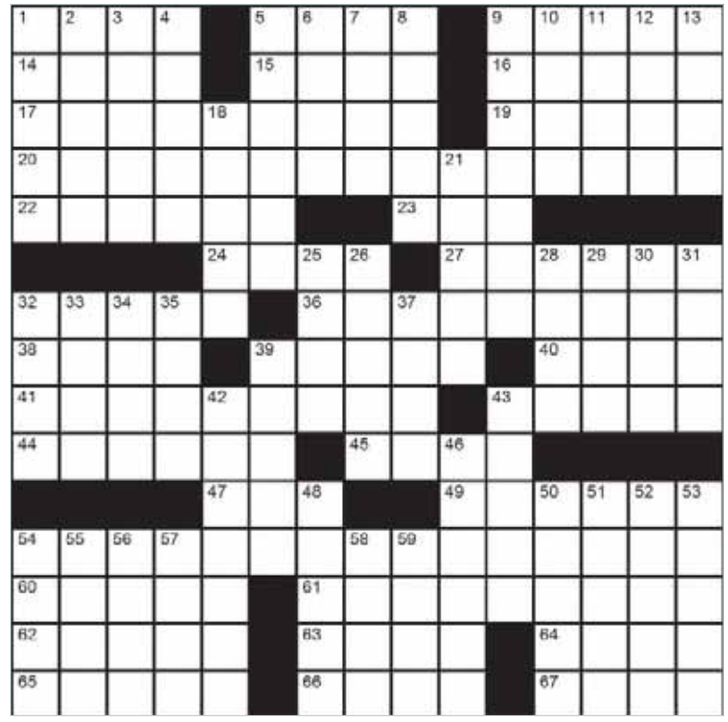
### ♐ Sagittarius
**Nov. 23 - Dec. 21**
Over the next 24 hours you will have to admit your negative views about a newcomer to your social circle were totally wrong. It seems they are a lot nicer than you thought.

### ♑ Capricorn
**Dec. 22 - Jan. 20**
You can transform your existence, but it won't be until the Sun moves in your favour on the 23rd. In the meantime, be patient. Your time will come.

### ♒ Aquarius
**Jan. 21 - Feb. 19**
Resist the urge to go to extremes when dealing with people you don't much like or the bad feelings you create may come back at you.

### ♓ Pisces
**Feb. 20 - March 20**
Only you can decide if a relationship is worth carrying on with but you don't have to decide right now. There are still a few twists and turns and surprises to come, so stay calm.

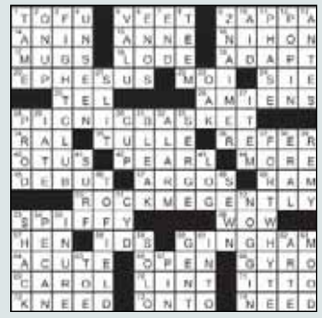
## Crossword: Canada Across and Down by Kelly Ann Buchanan



### Across
1. Canadian rapper, see 41-Across for more!
5. Cushy
9. Terra __
14. Bathe
15. Advocate
16. Online aid, e.g., _-__
17. Snowy mountain danger
19. Lively
20. Charge led by The Beatles: 2 wds.
22. "Open __!"
23. "I got an '_' __ the quiz!"
24. Memo abbr.
27. Manitoba: __ Grain Elevators National Historic Site
32. "Say that thou __ forsake me..." — Shakespeare
36. Red River __ __ (Canadian breakfast serving)
38. Hautbois
39. Workshop machine
40. "Not __ __ watch!"
41. "The __ __ Still Lives At Home" (Song by #1-Across)
43. "God helps __ who..."
44. Levi's __ __ jeans
45. Rob Thomas' "This Is __ _ Heart Breaks"
47. Universal principle
49. Drives
54. Canadian __-__-__ (The English Patient or Life of Pi)
60. Canadian heavy metal band
61. Winnipeg, 'The Heart of the __'
62. Vista
63. Gloria's dad, to Meathead
64. Old shipping weight allowance
65. Dispatches
66. Articulates
67. "My king"

### Down
1. Concrete chunks
2. __-Aubert (One of Magdalen Islands)
3. J'__; Nous avions...
4. "__ Dawn" by Tanya Tucker
5. Day-to-evening time
6. Philharmonic gr.
7. E-J link
8. Brandon __, Hilary Swank Oscar-winning role
9. French painter, Paul __ (1839-1906)
10. Actress, Carre __
11. "Mickey" by __ Basil
12. Blinds/shades co., Blinds __ __
13. Kirk __, "Superman" (1948) star
18. Point towards: 2 wds.
21. National Gallery of Canada's striped painting, __ of Fire
25. Comparison word
26. Number-counter's nick
28. David __ ("Rhoda" husband-portrayer)
29. Jay __
30. Pet food brand
31. Leonard __, Roy Rogers' birth name
32. Gateway
33. 'Access' suffix
34. "The Days and Nights of Molly __"
35. Aug. follower
37. Vincent van Gogh's brother
39. Manitoba community
42. Is U2, does this: __ and hums
43. Singer Ms. Terrell
46. Lengths cohorts
48. Killer whales
50. Boucherville 'bridges'
51. "...if __ _ saw one!"
52. Ocean vessel
53. Seven: Italian
54. Rocker's instrument
55. Newfoundland folk trio, The __
56. Stove
57. Nice
58. Ms. Ephron
59. 'Consist' suffix

## Yesterday's Crossword



## Online

See today's answers at metronews.ca/answers

## Sudoku

**How to play**
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | 5 | 1 | | 4 | | | | 3 |
| | 8 | | | | | 9 | | |
| 9 | | 7 | | 3 | 6 | | | |
| | | 6 | 3 | | | 5 | | |
| | | | 1 | | 2 | | | |
| | | 3 | | | 9 | 4 | | |
| | | | 2 | 8 | | 7 | | 5 |
| | | 5 | | | | | 2 | |
| 4 | | | | 9 | | 8 | 3 | |

### Yesterday's Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 5 | 1 | 9 | 2 | 6 | 7 | 8 | 4 | 3 |
| 2 | 8 | 3 | 9 | 1 | 4 | 6 | 5 | 7 |
| 4 | 6 | 7 | 8 | 5 | 3 | 1 | 9 | 2 |
| 1 | 3 | 2 | 4 | 9 | 6 | 7 | 8 | 5 |
| 9 | 7 | 8 | 5 | 3 | 1 | 4 | 2 | 6 |
| 6 | 4 | 5 | 7 | 8 | 2 | 9 | 3 | 1 |
| 8 | 2 | 4 | 1 | 7 | 5 | 3 | 6 | 9 |
| 3 | 5 | 1 | 6 | 4 | 9 | 2 | 7 | 8 |
| 7 | 9 | 6 | 3 | 2 | 8 | 5 | 1 | 4 |

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